



VIRTUAL  
GAMES

## WEEK 5 HOCKEY CHALLENGE

This challenge has been set by **Poplar Primary School** in **Merton**  
Watch the challenge video on the LYG website from 9am on Monday 9<sup>th</sup> November [here](#)

### **Challenge Description:**

How long does it take you to dribble the ball around 4 markers? You must dribble the ball around each marker twice, like Eden in the challenge video.



### **Scoring:**

Record how long it takes to complete the course and submit your time.

### **Adapt for Space and Equipment:**

You can use any type of ball for this challenge. If you don't have a hockey stick you can use a tennis racket, a cricket bat or even a broom. You can use any item as a marker such as cones, beanbags, boxes, shoes, whatever you have available. This challenge can be completed indoors or outdoors.

### **Adapt for Ability and Inclusivity:**

To make this challenge slightly easier, move the cones further apart to give you more space to dribble or use a bigger ball. To make it slightly harder, try speeding up your pace or using a smaller ball to complete the challenge. This challenge can be done running, walking or with additional assistance.

### **Coaching Tips:**

Take your time and focus on the ball when dribbling and try to have a light touch. Remember you can only touch the ball with the flat side of your stick.

### **Benefits From Challenge:**

This challenge will help improve hand-eye co-ordination, patience and ball control.

*Remember to submit your scores before Friday 13<sup>th</sup> November at 12.00pm via the London Youth Games website or by emailing your group scoresheet to [info@londonyouthgames.org](mailto:info@londonyouthgames.org). Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG*

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